



# SPECIALIZED REHABILITATIVE & COMMUNITY SUPPORT (SPECIALIZED RCS)

## WHAT IS SPECIALIZED RCS?

Specialized RCS is an in-home community support service designed to help youth with significant impairments in communication, life skills and self-regulation skills using evidence-based interventions to improve social functioning and increase developmentally appropriate skills.

## WHO IS ELIGIBLE?

Children and youth up to age 21 with [MaineCare](#) (or those under age 19 with MaineCare's [Katie Beckett waiver option](#)) living with autism, cognitive impairments, or developmental and intellectual disabilities who need assistance with significant impairments in communication, life skills, and self-regulation.

This service requires that youth and their caregivers participate in treatment. The number of weekly hours is determined through an assessment. The average is 22 hours of work with the family per week.

## HOW DOES IT HELP?

The Specialized RCS team will utilize Applied Behavioral Analysis (ABA) to work with the youth and family members in the home and community settings. Services help to teach, remind, and support youth. Specialized RCS can:

- Help youth develop safe behaviors
- Reduce aggressive behaviors, including self-injury and aggressive behaviors towards others
- Help develop communication techniques to effectively express needs
- Develop skills to be patient with themselves and others
- Teach skills for youth to care of themselves, like brushing teeth, using the bathroom, washing up, and dressing
- Teach social rules like looking both ways before crossing a street, waiting in line, and taking turns when playing games or talking
- Specialized RCS also supports caregivers in learning and using skills that work for the youth

## HOW TO ACCESS SPECIALIZED RCS?

For more information about RCS visit the [Children's Behavioral Health website](#) or scan the QR code.

A case manager or other provider can help apply for Specialized RCS services through the [statewide referral process](#). If your child is eligible, [KEPRO](#) will match you with a provider.

If you do not have a [case manager](#), contact the [CBHS Family Information Specialist](#) or a local [Family Support Organization](#) for assistance.



**“Specialized RCS helped my daughter build skills to be more independent at home and school.”**

-Parent of Specialized RCS youth participant